

What is claimed is:

1. A washable protective pad for incorporation into a garment, the pad comprising:
 - a. a water-impermeable envelope, the envelope comprising overlaid sheets joined by a seal, the sheets defining a chamber; and
 - b. a compressible insert at least partly disposed within the chamber
 such that part of the seal holds the insert.
2. A pad according to claim 1, wherein part of the insert is stuck to an interior surface of the envelope.
3. A pad according to claim 1, wherein part of the insert is stuck to the envelope by an adhesive.
4. A pad according to claim 1, wherein part of the insert is stuck to the envelope by a weld.
5. A pad according to claim 4, wherein the weld is a radiofrequency induced weld.
6. A pad according to claim 1, wherein the envelope includes a coated fabric.
7. A pad according to claim 1, wherein the envelope includes a plastic.
8. A pad according to claim 1, wherein the envelope includes a polyurethane film.
9. A pad according to claim 8, wherein the polyurethane film is unsupported.
10. A pad according to claim 1, wherein the envelope is air-impermeable.
11. A pad according to claim 10, wherein the envelope includes a polyurethane film.
12. A pad according to claim 11, wherein the polyurethane film is unsupported.
13. A washable protective pad for incorporation into a garment, the pad comprising:
 - a. an air-impermeable envelope, the envelope comprising overlaid sheets joined by a seal, the sheets defining a chamber; and
 - b. a compressible insert disposed within the chamber, a part of the insert stuck to the envelope and no part of the seal holding the insert.
14. A pad according to claim 13, wherein part of the insert is stuck to the envelope by an adhesive.
15. A pad according to claim 13, wherein part of the insert is stuck to the envelope by a weld.
16. A pad according to claim 15, wherein the weld is a radiofrequency induced weld.
17. A pad according to claim 13, wherein the envelope includes a coated fabric.
18. A pad according to claim 13, wherein the envelope includes a plastic.

19. A pad according to claim 13, wherein the envelope includes a polyurethane film.
20. A pad according to claim 19, wherein the polyurethane film is unsupported.
21. A washable protective pad for incorporation into a garment, the pad comprising:
 - a. a water-impermeable envelope, the envelope comprising a sheet folded upon itself, the edges of the sheet joined by a seal, the sheet defining a chamber; and
 - b. a compressible insert at least partially disposed within the chamber.
22. A pad according to claim 21, wherein at least part of the insert is stuck to a wall of the chamber.
23. A pad according to claim 21, wherein the envelope is air-impermeable.
24. A pad according to claim 21, wherein the envelope includes an unsupported polyurethane film.
25. A method for protecting a portion of a body from a force, the method comprising:
 - a. providing a protective pad, the pad comprising,
 - i a water-impermeable envelope, the envelope comprising overlaid sheets joined by a seal, the sheets defining a chamber, and
 - ii a compressible insert at least partly disposed within the chambersuch that part of the seal holds the insert; and
 - b. incorporating the pad into a garment, the pad incorporated such that the pad is disposed between the portion of the body and the force when the garment is worn.
26. A method according to claim 25, wherein the portion of the body is a bone.
27. A method according to claim 25, wherein the portion of the body is a patch of skin.
28. A method according to claim 25, wherein the envelope is air impermeable.
29. A method according to claim 25, wherein the envelope includes an unsupported polyurethane film.
30. A method for protecting a portion of a body from a force, the method comprising:
 - a. providing a protective pad, the pad comprising
 - i an air-impermeable envelope, the envelope comprising overlaid sheets joined by a seal, the sheets defining a chamber, and
 - ii a compressible insert disposed within the chamber, a part of the insert stuck to the envelope and no part of the seal holding the insert; and
 - b. incorporating the pad into a garment, the pad incorporated such that the pad is

disposed between the portion of the body and the force when the garment is worn.

31. A method according to claim 30, wherein the portion of the body is a bone.

32. A method according to claim 30, wherein the portion of the body is a patch of skin.

33. A method according to claim 30, wherein the envelope includes an unsupported polyurethane film.

34. A method for protecting a portion of a body from a force, the method comprising:

- a. providing a washable protective pad, the pad comprising,
 - i an envelope, the envelope including overlaid film sheets joined by a seal, the sheets defining a chamber, and
 - ii a compressible insert at least partly disposed within the chamber ; and

b. incorporating the pad into a garment, the pad incorporated such that the pad is disposed between the portion of the body and the force when the garment is worn and such that the garment with the incorporated pad is capable of repeated machine washing without damage.

35. A method according to claim 34, wherein the film includes unsupported polyurethane film.

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